

## Mercy Earns ENERGY STAR Designation

Mercy recently earned the ENERGY STAR designation – the national mark of excellence in energy performance – from the U.S. Environmental Protection Agency and the U.S. Department of Energy's joint program. Mercy is one of only two hospitals in Ohio and 87 nationwide to be awarded this distinction.



*Rick Antenuce (center) accepted the ENERGY STAR award on behalf of Mercy. Others (from left to right) who were part of the award ceremony include Tom Ceconi, president and CEO; Nick Bagnolo, director of plant engineering; Jeff Smith, vice president and COO; and Congressman John Boccieri.*

Last month the medical center held an on-site award ceremony. Mayor William J. Healy II, State Senator Kirk Schuring, State Representative Stephen Slesnick and U.S. Congressman John Boccieri spoke during the event.

"Energy Star is not an easy award to attain," Schuring said. "When you do that in the health care arena, that's significant because, as a whole, the health care industry is the number two consumer of energy."

With an overall rating of 85 on an energy efficiency scale of zero to 100, the hospital is one of eight ENERGY STAR buildings in Canton. To obtain ENERGY STAR, facilities must pass a rigorous application process and an on-site review.

Rick Antenuce, manager of plant engineering and facilities at Mercy, says improving Mercy's energy efficiency has been a "labor of love" for him and a team of qualified technicians for nearly 15 years – and counting.

"Energy management is an attitude, and it fits well with the hospital's mission," he says. "We strive not only to lower energy costs, but also to increase the comfort level of patients, their families and our visitors."

Mercy president and CEO Tom Ceconi is pleased with the recent designation and commends Mercy staff members on a job well done.

"Earning the ENERGY STAR is a reflection of not only Mercy's commitment to becoming greener, but also the years of hard work and determination of our plant engineering group," Ceconi says. "They are an indispensable team when it comes to improving operational efficiency and an important contributor to overall patient care."

Mercy Plant Engineering strategies focus on all aspects of energy usage, from heating and cooling to lights and equipment. The team continues to retrofit older T12 light fixtures with more efficient T8s, replace incandescents with CFLs (compact fluorescent light) and implement motion-sensor lighting and LED technology. Other initiatives include automated chiller plant optimization and load shedding, as well as reducing the use of air handlers and blower fans in unoccupied spaces and during evenings, nights and weekends.

## September 2009

### Heart Center on Cutting Edge of Robotic Heart Surgery

As volumes for gynecologic and urologic robotic surgery continue to rise, Mercy's cardiothoracic surgery team – led by surgeon Aqeel Sandhu, M.D. – has performed several cutting-edge, robotic-assisted heart surgeries.

"In our battle against coronary artery disease, robotic technology is a formidable new weapon," says Ahmed Sabe, M.D., medical director

*(Continued on page 2)*



*Dr. Sandhu performs a heart surgery using the robotic console and its 3D image of the surgical field.*

**MERCY**  
MEDICAL CENTER

*A nonprofit corporation of*

The Sisters of Charity of St. Augustine Health System and **University Hospitals HealthSystem**

## A Message from the President and CEO



by Thomas E. Cecconi,  
FACHE, President & CEO

Fall is off to a great start at Mercy. Our hospital recently became the first and only facility in Stark County to offer the innovative da Vinci® robotic coronary artery bypass graft surgery (or revascularization), which means less pain and faster recovery for heart patients. Because we continue to be a heart surgery leader in Ohio and the nation, we recently implemented our robotic heart media campaign that features print, radio and billboard ads. It's gratifying to see this message getting out to the communities we serve.

It was also gratifying to have our elected officials – including U.S. Congressman John Boccieri, State Senator Kirk Schuring, State Representatives Stephen Slesnick and Todd Snitchler, and Mayor William J. Healy II – on site for the recent ENERGY STAR award presentation. Their presence was a testament to Mercy's level of achievement, our contributions to preserving the environment and the fact that our employees are innovators even outside the clinical setting.

In addition, we're continuing efforts to bring advanced health care closer to home in the communities we serve by expanding our services at Mercy Health Center of Louisville. Mercy has had a close relationship with Louisville for many years, and we're pleased to strengthen our presence there. Learn more about our expanded services in Louisville in the article on page three.

Finally, I want to congratulate Sister Mary Lois Phillip, C.S.A., on her jubilee service anniversary. Rarely do you find someone who is as committed to caring for others as Sr. Mary Lois. Her kindness and humor have graced our medical center for many years, and I know so many of us appreciate her presence day in and day out. I hope you'll take time to applaud and thank her for her many, many contributions.

## Heart Center on Cutting Edge of Robotic Heart Surgery

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of Mercy Heart Center. "The robotic procedures that Mercy is helping pioneer will enhance patient recovery and satisfaction. And, we can now treat a large number of patients who were not previously candidates for certain heart surgeries."



Robotic surgery is helping Mercy lead the way in Stark and nearby counties with minimally invasive surgery. Tom Cecconi, president and CEO, recently shared the hospital's success story at a national conference on robotic surgery in Chicago. In addition, the hospital has launched its robotic heart campaign with local media, featuring print, radio and billboard ads.

## Mercy School of Nursing Ornament Available for Pre-Order

Mercy continues celebrating its rich history in Stark County with the release of another Mercy Historical Series Limited Edition Ornament.

This year's ornament – the fifth in a series – honors Mercy School of Nursing. As with previous ornaments, quantities will be limited. Because demand is expected to be high, the hospital is offering the opportunity to place an order in advance with no upfront cost. Employees are strongly encouraged to place the order now to guarantee availability.



The artist will be on site later this fall to sign ornaments. Proceeds from the sale benefit Mercy Mission Outreach and its southeast Canton initiatives. For more information or to pre-order ornaments, contact Karen Feller at ext. 1307.

## First Play 2009 Ends with Another Great Toss

Mercy annually sponsors First Play, a Pro Football Hall of Fame Festival event where more than 2,000 children help "pass" an official football from the National Football League's 1920 founding site (now an auto dealership) to the Pro Football Hall of Fame more than two miles away.



Jeremy Fox (left), age 7, and Nathan Fox, age 10, gear up for the final throw of First Play 2009.



Nathan (left) and Jeremy, sons of Dean Fox, administration, pose with Tom Cecconi, president and CEO, for a final "snap."

## Harvest Ball, 'Big Apple' Raffle to Benefit New ED

Mercy Service League will hold its annual Harvest Ball on Sat., Oct. 17, at the Canton Memorial Civic Center. Emergency medicine physicians Frank J. Kaeberlein, M.D., and Theodore L. Spangler, M.D., are medical staff co-chairs for this year's gala event, themed "I'll Take Manhattan." All proceeds from this year's ball will benefit the construction of Mercy's new emergency department (ED).



In addition, the service league is offering just 250 tickets for its "Big Apple" Harvest Raffle on Thurs., Oct. 1., which will also benefit the new ED. Participants have a one-in-250 chance to win a \$10,000 cash prize. Individuals can join together and purchase a ticket from fund development. Call 330-430-2750 for more information.

The service league's annual Celebrity Bartender event, held last month at 91 Wood Fired Oven in Jackson Township, was also a successful fundraiser for the ED.

## 'Haircuts for Hospice' Raises Money, Awareness

Mercy Hospice held its first "Haircuts for Hospice" fundraiser recently at Reflections Artistic Salon in Canton. With more than 30 cuts for a good cause, the event raised about \$400 for hospice patients and their families and increased community awareness of the medical center's program.



*Stylist Peggy Rushe gives Alaina Mangun, daughter of Mercy employee Judy Mangun, a new look during the Haircuts for Hospice fundraiser. Mangun also donated 10 inches of her hair to Locks of Love.*

## Mission and Values Committee Promotes Outreach

*Mercy Mission and Values Committee, part of the hospital's mission and ministry division, includes a group of 13 Mercy employees who represent many departments throughout the medical center. The committee promotes Mercy's mission through ongoing communication with employees and mission-focused outreach programs for the Mercy family. To learn more, contact committee chair Carol Gnagy at ext. 1510.*



## Mercy to Expand Services at Health Center in Louisville

The hospital recently announced plans to expand its services at Mercy Health Center of Louisville, located at 1302 West Main Street in Louisville. Construction at the facility will begin in September and is expected to finish by the end of the year.

Mercy is investing more than \$360,000 in the purchase of new medical and office equipment to enhance laboratory and radiology capabilities, including X-ray, mammography, ultrasound, bone density testing and a mobile CT unit. The new 2,158-sq.-ft. office will provide a comfortable, contemporary patient-care setting, and extended services will support Community Health Care of Louisville, an on-site family practice group.

Jeff Smith, senior vice president and COO at Mercy, says the hospital is pleased to strengthen its presence in Louisville. He adds, "We've had a close relationship with the Louisville community for many years and look forward to bringing more advanced technology diagnostic services closer to home."

## DeOrio Wins Fishing Derby

Halley DeOrio, daughter of Mike DeOrio in security services, won the recent fishing derby sponsored by Mercy and Varian Orchards. She had the biggest fish – an 8-in. bluegill – and the most fish at 14.



# Green Scene

*News from Mercy Green Team*

## Going Paperless: a Win-Win Situation

Reducing paper not only helps the environment and cuts costs, it also can boost efficiency. Mercy Dental Services has found that electronic charting continues to reduce patient wait times and improve communication.

Lisa Shannon, dental services office manager, says the charting system minimizes unproductive time for staff members. “Even as the patient is finishing treatment, we can prepare all the necessary information before he or she even gets to the reception area,” she says. “And, we never have to worry about trying to decipher handwritten notes.”

Other green initiatives in dental services include an electronic patient referral program, which allows staff to download referral information directly into the charting system, and digital x-rays that eliminate the use of costly and hazardous developing chemicals.

## Mercy Welcomes Online Paystubs

Mercy Human Resources is also adopting a new paperless program. The department’s upcoming roll-out of online pay stubs will be a major advancement, saving \$1.90 per employee per pay.

Beginning this fall, employees will be able to view paystub information online anywhere, anytime using a computer with Internet access. This includes the current paystub as well as the last 26 stubs. All data is password protected.

Once this system goes live, printed paystubs will no longer be available. More information will be available in the near future.

## America’s Weight in Paper

Americans use 85 million tons of paper every year, or about 680 pounds per person. Paper accounts for at least 39 percent of U.S. waste by weight. Mercy uses 142 tons of copy paper each year.

Each ton of paper that’s recycled saves 17 trees. Paper recycling also reduces air pollution by 74 percent and water pollution by 35 percent.



## Senior Dance Fitness Classes Begin in September

Mercy Health Center of North Canton will offer dance fitness classes for seniors this month. Weekly classes will be held on Tues., Sept. 8, 15, 22 and 29 from 10 to 11 a.m.

Incorporating different styles of dance, instructor Jack Wadsworth will teach a variety of steps while helping seniors increase their fitness level. Cost is \$40 for four classes. To register, call 330-966-8997.



## Energy Cents

*Plant engineering tips for energy conservation at Mercy*

## Sensors, Programmable Technology Save Energy

Throughout the hospital, Mercy has air handlers, lights and heating and cooling devices that are integrated into the hospital’s building automation system (BAS). At specified times, or when sensors detect that areas are unoccupied, these devices automatically reduce their output, saving Mercy thousands of dollars each year in utility bills.

For example, one 30-horsepower fan that’s programmed to run at full speed for 12 hours and 30-percent speed for 12 hours decreases Mercy’s annual costs by \$4,528.

Employees can also implement this type of technology at home. Programmable thermostats, when used properly, can save the average homeowner about \$180 a year. Most offer several pre-programmed settings to regulate a home’s temperature in summer and winter and when a family is asleep or away. To learn more, visit [EnergyStar.gov](http://EnergyStar.gov) and search with keyword “thermostat.”

# Employee Matters

A monthly column focusing on important issues that concern our employees

## Get Prepared for Benefits Enrollment

By Lorraine Washington, Vice President, Human Resources



Now is the time to start thinking about your 2010 benefits. Benefits enrollment will take place October 19 – 30 in conference room D. The annual benefits fair will be October 20 and 21, and vendors will be available to answer any questions you have.

Once again employees will be using the computer for benefit enrollment. For those who participated last year, you know this is an easy process that can be completed at any computer in the hospital with Internet access. You will need to know your Lawson number, which is printed on your bi-weekly paycheck. Human resources and benefits representatives will be available to assist with questions or concerns.

As in previous years, employees will have the option of contributing to a tax-free health care spending account. Additionally, you have the option of having any health care spending reimbursements deposited directly into your checking account or using the Benny Card (a MasterCard with access to your entire yearly contribution) to pay medical charges.

We continue to look for opportunities to increase the value of our benefits plan. For 2010 we have:

- Expanded our dental network;
- Given you the option of purchasing prescriptions from a local pharmacy versus mail order; and
- Continued to focus on employee health and wellness with the rollout of our new employee wellness center and weight loss program.

Our goal continues to be prevention of illness and employee wellness. This is why we once again will not be raising co-pays for medicine or visits to your primary care provider. Prevention truly is the best medicine, and **we want every employee and their covered dependents to find a primary care physician (PCP) and a dentist who will help keep them healthy.** When we started doing free blood pressure checks this year, we were surprised at how many employees had dangerously elevated blood pressures and didn't know it. An ongoing relationship with a PCP can help you manage this and other risks.

Also, focus on your dental health. An article in *US Pharmacist* reports that "as many as 30 – 40 percent of Americans may not seek regular dental care and that periodontal disease strongly predicts mortality from heart disease and kidney disease." Last year we increased our dental benefit by changing the way we cover preventive care (check up, x-rays, cleanings); it IS NOT counted toward your annual maximum. Depending on your dentist, the cost to you for preventive care could be zero.

Our programs are designed to help improve the overall health and wellness of our employees and I encourage you to take advantage of your benefits. Be healthier in 2010, visit your physician, have your teeth checked and join the Mercy Employee Wellness Center.



Heidi Garnek – Maternity

## Keep Ringing the Cowbells

This year Mercy has recommitted itself to service excellence and more effective communication with AIDET – acknowledgment, introduction, duration, explanation and thank you. This acronym represents a simple, common-sense approach to communicating with patients, families, visitors and others and can help make Mercy the area's "hospital of choice."

Second quarter Press-Ganey reports are in, and managers will be reviewing results with employees and devising action plans to address areas of weakness. Employees are encouraged to keep ringing their cowbells!

**Mercy Compliance Hotline: 1-888-511-4103**

# The Word on Wellness

To learn more about employee wellness programs, check the MercyNet Wellness Page, or contact Kathy Wise, employee health and wellness manager, at 330-489-1479.

## Mercy Wellness Center Getting Ship-Shape

Mercy's on-site wellness center for employees is nearing completion and expected to open later this month. Located in the former childcare area, Mercy Wellness Center will be available 24/7 with badge-swipe access.

Membership will cost \$5 per pay and include most classes and exercise programs. The center will feature a cardiac training area (including treadmills, elliptical trainers and recumbent and stationary bikes), a strength training area, and an area for group classes such as Zumba, cardio kickboxing and yoga.

A \$25 enrollment fee is required, but employees who sign up during the first month will have their enrollment fee waived. More details on the center will be available soon.

## Free Weight Management Program Begins This Fall

This fall Mercy will offer a free weight management program that is open to all employees. Weekly sessions held on Mondays at 11:30 a.m. and again at noon will help participants plan and prepare meals, make lifestyle changes and reach long-term goals. Those who can't attend class but still want to be part of the program can access regularly updated class information on the MercyNet Wellness page under "class content." Check STARS for room locations.

## OPTIFAST Now an Option for Obesity

For employees who struggle with a serious weight problem, Mercy now offers OPTIFAST, an on-site medical weight management clinic that combines comprehensive lifestyle education and medical monitoring with a great tasting meal replacement diet. Bruce Hensley, D.O., is the medical director.

The typical participant needs to lose 50 pounds or more, but assistance is available for those who need to lose between 35 and 50 pounds, too. The cost of OPTIFAST depends on which treatment plan an individual is on, and Mercy will hold several information sessions for employees who want to learn more about the program and sample the product. Watch the digital signage and emails for more details.

## Join the 'Mt. Everest' Stair-Climb Challenge

Mercy will hold a 27-week "Climb Mt. Everest" challenge for all employees who are willing to commit to taking the stairs instead of the elevator (anywhere). Participants will enjoy better health while helping Mercy go green.

Teams of four can obtain registration forms on the MercyNet Wellness page beginning September 21; the program begins October 5. Employees can track weekly climbs on a wellness page log. Anyone who reaches the summit of 29,053 feet by April 12, 2010, will receive a special prize.

## Wellness Wednesday Lunch & Learns Continue

Oct. 7, noon in conference room E  
Donna Guigas-Siegmon will present, "Avoiding Auto Crashes and Other Hazards"

Nov. 4, noon in conference room C  
Kathy Wise will present, "Metabolic Syndrome and Type II Diabetes Risks"

Dec. 2, noon in conference room C  
Kathy Wise will present, "Recipes for Holiday Success"



## Mystery Employee

Each month, an employee's name is hidden somewhere in this newsletter. If you see your name with this graphic next to it, you're the lucky winner of a \$25 gift certificate to Tri County Restaurant Association. Please call 330-489-1015 to claim your prize.